

### After-school

During the school year we collaborate with public school districts and private schools to provide after-school iCan Bike programs. This program option uses typically-developing students as the volunteer spotters for students with disabilities. Our after-school program provides an excellent opportunity for young people to learn more about differences and similarities in all people, improve leadership and communication skills and experience true service to others in need. The impact on the spotters is often as profound as the impact on the riders. Including the bike program as part of after-school programming can also raise awareness of inclusion in other after-school programs.



### Who We Are...

iCan Shine is a national 501(c)(3) nonprofit charitable organization whose mission is to provide quality learning opportunities in recreational activities for individuals with disabilities. By creating an environment where each person is empowered to maximize their individual abilities, everyone can shine!

Through our iCan Bike program, we conduct over 100 five-day bike camps and afterschool programs throughout the US and Canada teaching approximately 3,000 individuals with disabilities how to ride a bicycle each year. Since our inception in 2007, we have successfully taught approximately 20,000 people with disabilities to ride a conventional two-wheel bicycle.



# iCan Shine

[www.icanshine.org](http://www.icanshine.org)



# iCan Bike

*Teach them  
to ride and  
see where  
they go...*

[www.icanbike.org](http://www.icanbike.org)

## iCan Bike Goal...

**The goal of iCan Bike is to teach individuals with disabilities to ride a conventional two-wheel bicycle and become lifelong independent riders.**

**This achievement, in turn, creates a gateway of opportunity, helping them gain assurance and self-reliance in many other aspects of their lives.**

**What we do** iCan Bike uses adapted bicycles, a specialized instructional program and trained staff to enable individuals with disabilities to learn to ride a conventional two-wheel bicycle.

Riders attend one 75 minute session each day for five consecutive days where they learn to ride while accompanied and encouraged by volunteer "spotters". Over the course of the week we continually adjust the bikes' stability in an effort to challenge riders' balance as they gradually discover the skill and joy of riding.

**Does it work?** Parents, teachers and therapists describe our results as miraculous. Many of our riders have tried for years



to learn to ride a bike without success. In one week approximately 80% of riders will learn to independently ride a conventional two-wheel bicycle. The remaining 20% make tremendous progress towards that goal.

### Who participates?

Riders are children ages eight and up as well as teens and adults who have a disability and are able to side-step and walk without assistive devices.

Success in learning to ride a bicycle is a major milestone in anyone's life. When learning has been a struggle, the accomplishment and its impact is much greater. We observe that learning to ride a bicycle infuses the rider with confidence and an improved self-image that has a positive ripple effect into many other aspects of their lives. Their families benefit in many ways and volunteers are positively impacted by the experience as well.

**Our hosts** iCan Bike programs are conducted through collaboration with local organizations and individuals that coordinate the week-long event in their community who we refer to as our 'hosts'. Hosts are responsible for providing a local suitable facility, riders, and volunteer spotters.

## iCan Bike Program Options...

**Camps** In the summer months and during school breaks we collaborate primarily with local charities, parks and recreation departments, YMCAs, colleges and motivated parents to provide the camp program. Our camps consist of five 75 minute sessions per day with a maximum of eight riders per session. Camps serve a maximum of 40 riders. The number of riders depends on the size of the facility and the availability of local volunteers.



**2019 Sussex County I Can Bike Program at the High Point Regional High School in Sussex, NJ from August 5th - 9th.**

**Riders and Volunteers - first come, first served. Please email Mitch Morrison at [mitchell.morrison5@mac.com](mailto:mitchell.morrison5@mac.com) for the details.**